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SCIENCE

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Dried
Beans & Peas
in
Wartime
Meals
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THIS BOOK MUST NOT
GO OUT OF LIBRARY

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U. S. DEPARTMENT OF AGRICULTURE



MEET THE BEAN FAMILY

Navy beans . . . Great Northernns . . . California Whites . . . Lima beans . . . Kidney beans . . . Pintos . . . Pinks—these and many others. People everywhere have their favorites in the dried-bean family. Close cousins to the beans are dried peas—black-eye, green, and yellow.

No matter what the color, shape, name, dried beans and peas are on the list of main-dish foods. They are good pinch hitters for meat, fish, eggs, and cheese when supplies of these No. 1 protein foods are short. Beans also have the B vitamins, especially thiamine and riboflavin, iron, and many more food values.

And dried beans and peas keep well . . . all they need is a cool, dry place and a tight bag or can to shut out dust, bugs, and mice.

Soak . . . Simmer . . . Season

▲ *First, pick over the beans or peas and throw out the bad ones. Wash in cold water, twice if need be, to get out all grit.*

▲ *Give dried beans and peas plenty of time to soak—overnight or 5 or 6 hours.*

▲ *Soak them in soft water, if you can. Hard water toughens the skin. Old-time cooks caught rain water when they couldn't get soft water any other way.*

▲ *Cook the beans in the water in which they are soaked to save vitamins and minerals. If the bean flavor seems too strong, you may have to drain them and add fresh water.*

▲ *Keep the heat low as you cook beans and peas, and simmer rather than boil.*

▲ *Watch the pot, too. Add water from time to time. Dried beans and peas take up a lot of water.*

▲ *Try new ways, old ways, when you season beans and peas. They're so mild themselves it takes a dash of this and that to make them tasty.*

▲ *Serve them with something salt or sour, something fresh and crisp, or something bright and spicy.*

Recipes given here serve six persons. In general, 2 cups (1 lb.) of dried beans or peas make 5 to 6 cups when cooked.

MAKE THEM BEANS PLUS

Plain Cooked for the Start

Look over the beans or peas, picking out the bad ones. Wash and cover 2 cups of the beans or peas with $1\frac{1}{2}$ quarts of cold water, and soak overnight. (If you forget to put them to soak overnight, 5 or 6 hours in lukewarm water will do the trick.)

When ready to cook, add a teaspoon of salt and simmer slowly in the soaking water in a covered pan until the beans are tender but not broken. Add more water during cooking, if necessary. Season with salt and pepper.

To add flavor cook beans with salt pork, sausage, bacon, or a ham bone.

Serve in Style

▲ Place a mound of hot cooked beans on a platter and surround with fried sausage cakes or links.

▲ Cut frankfurters into thin slices and arrange on top of cooked beans in a shallow baking dish. Bake in a moderate oven until the frankfurters are hot through and through.

▲ To cooked beans add white sauce and catsup mixed together. Sprinkle with grated cheese and bread crumbs, and brown in the oven.

▲ For a tasty tomato sauce to go with beans, cook a sliced onion in 2 tablespoons of fat. Blend in 2 tablespoons of flour and brown slightly. Stir in 2 cups of cooked tomatoes, season, and cook until thickened. If desired, add green or red sweet peppers, chopped fine. Serve hot over the hot beans.

▲ For bean "sausages," mash 3 cups of cooked beans. Mix well with a cup of bread crumbs, 1 beaten egg, 1 teaspoon of sage, if desired, and salt and pepper to taste. Moisten with milk or bean liquid. Shape into the form of sausages, dip in raw egg beaten with a little water, then roll in bread crumbs. Brown in a little melted fat.

▲ To make a *bean loaf*, use the above recipe. Add a chopped onion, finely chopped celery, or some dried herbs if you like. Shape into a loaf, place in a shallow pan, pour a little melted fat over the top, and bake until well browned. Serve with hot tomato sauce.

PICK YOUR FAVORITE

North, East, South, West—every family has its favorite way of fixing beans or peas. Here are a few of the favorites.

Boston Baked Beans

To bake beans rich and brown in the Boston style, long slow cooking is necessary.

Soak 2 cups of beans overnight in 1½ quarts of cold water. In the morning simmer for 45 minutes, or until the beans begin to soften.

Score a $\frac{1}{2}$ -pound piece of salt pork and put half of the pork in the bottom of the bean pot. Add the beans and bury the other half of the pork in the top portion of the beans, with only the scored rind exposed. Mix 4 tablespoons of molasses, 1 to 2 teaspoons of salt, and $\frac{1}{2}$ teaspoon of mustard if desired, with a little hot water. Pour over the beans. Cover with hot water.

Put a lid on the pot and bake in a slow oven for 6 or 7 hours. Add a little hot water from time to time. During the last hour of baking remove the lid to let the beans and pork brown on top.

For Variety in Flavor.—Place a peeled onion in the bottom of the bean pot, or add the onion plus tomato catsup. Some New Englanders use maple syrup or maple sugar in place of the molasses to sweeten their baked beans.

Beans Baked the Michigan Way

To 1 quart of beans that have already been cooked tender in water with a 4-ounce piece of salt pork, add 4 tablespoons of molasses or brown sugar and salt to season. Place in a shallow pan with enough of the bean liquid to moisten well. Slice the salt pork over the top. Brown in the oven.

Beans Western

Brown a chopped onion in a little fat. Add 2 cups of tomatoes. Season with salt and pepper. Bring to a boil and add 1 quart of cooked beans. Simmer 15 to 20 minutes. Sprinkle with parsley and serve hot.

PICK YOUR FAVORITE

Hopping John, Southern Style

Cook a ham bone or knuckle in 2 quarts of water for 2 hours. Then add 1 cup of dried peas or beans that have been soaked overnight in cold water and cook until almost tender. Remove the ham bone, add a cup of washed rice, and salt and pepper. Boil gently about 20 minutes, or until the rice is soft and the liquid almost cooked away. Serve hot.

Mexican Style Beans

Soak 2 cups of beans (pintos preferred) overnight in 1½ quarts of water. The next day, bring them to a boil and simmer for about 3 hours. When the beans start to simmer, add a few bacon rinds. After 2 hours, add a minced clove of garlic and a dried red chili pepper, or chili powder, and salt to taste. The cooked juice should be thick. If desired, mash the beans and add grated cheese.

Savory Bean Stew

Soak and cook 1½ cups of dry beans or peas in water in the usual way. In another pan fry ¼ to ½ cup of diced salt pork until crisp. Then brown ½ cup chopped onion in the salt pork fat, add ½ pound ground lean meat stir and cook slowly for 5 minutes.

Combine meat, onion, salt pork, and 3 cups of cooked tomatoes with the cooked beans. Add salt and pepper and simmer until meat is tender and flavors well blended.

Chile Con Carne

Add 2 to 4 teaspoons of chili powder and a bit of garlic, if desired, to the recipe for Savory Bean Stew. Red kidney or California Pink beans are favorites for chile con carne.

Succotash

Chop and brown an onion in a little fat. Add 2 cups each of cooked corn and beans. Simmer for a few minutes. Season with salt and pepper and serve hot. If desired, add chopped green pepper for more flavor and color.

PEAS PORRIDGE HOT

A bowl of bean or split pea soup . . . piping hot with a slice of lemon and crisp bits of salt pork or bacon sprinkled over the top . . . is something more than "just bean soup."

Dried Bean or Pea Soup

Soak 1 cup of dried beans or peas overnight in a quart of water. In the morning, add another quart of water, $\frac{1}{2}$ pound of salt pork, an onion, and a few stalks of celery, if desired.

Simmer until the beans or peas are tender. Remove the salt pork and rub the rest through a strainer if a smooth soup is wanted. Cut the salt pork into tiny pieces and return to the soup. Add a tablespoon of flour mixed well with a little water to keep the bean pulp from settling to the bottom. Stir, reheat, and season with salt and pepper.

With Meat Leftovers.—In place of the salt pork in the recipe above, cook the beans with a ham bone, or add some chopped leftover meat, or a frankfurter cut into thin slices.

Add Roasted Peanuts.—Finely chopped or ground peanuts are good in bean soup, also.

With Tomatoes or Carrots.—These add a touch of color and a few more vitamins to bean or pea soup.

For a "Hot" Soup.—Add a clove of garlic, half a chopped onion, 1 tablespoon oregano, and 2 chili peppers. Strain after cooking. Heat again and serve.

Bean Chowder

1 cup dry beans	2 teaspoons salt
1 cup diced carrots	2 tablespoons uncooked cracked wheat, or 1 tablespoon flour
1 cup tomatoes	
$\frac{1}{2}$ cup shredded green pepper	2 cups milk
1 onion, chopped fine	Pepper to taste

Soak the beans overnight in $1\frac{1}{2}$ quarts of cold water. Cook in a covered pan until the beans begin to soften, then add the vegetables and cook until tender. Add salt and cracked wheat or flour mixed with a little cold water. Stir. Cook about 30 minutes. Add the milk and pepper, heat to boiling, and serve.

IN SALADS

Salad Suggestions

Beans and peas are so hearty in themselves they make a salad that is more than just a side dish. They take kindly, also, to mixing with the something sour and the something raw every good salad needs.

When you're mixing a salad, let yourself go. Try new combinations and you'll make a name for yourself as a salad mixer.

Make up your own rules for salad dressings, too. Try a touch of garlic with the vinegar and oil or bacon fat. If you have fresh herbs in the garden, put them in dressing or salad itself to give it a different taste.

Here are a few ways to use cold cooked beans or peas in hearty salads. Change the pattern to fit what's on the pantry shelf.

▲ Beans, raw apple sliced with the skin on, moistened with salad dressing, and served on lettuce or other salad greens.

▲ Black-eye peas, chopped raw cabbage or cress and carrot, with vinegar and oil or other fat.

▲ Beans or peas, diced cucumber, or tender raw turnip or radish or celery cut crosswise.

▲ Lima beans, peanuts, moistened with salad dressing mixed with tomato catsup.

▲ Red kidney beans, chopped green pepper, raw onion rings, and sliced tomato.

▲ Beans or peas, chopped pickle or pickle relish, chopped cooked beets on lettuce or dandelion greens.

▲ Bits of leftover meat or fish, hard-cooked egg, or cheese make a bean salad even more of a main dish.

Hot Bean Salad

Cut 2 strips of bacon or salt pork into half-inch pieces and fry to a light brown. Add a third of a cup of chopped onion and brown lightly. Add 3 cups of boiled or baked beans, $\frac{1}{2}$ teaspoon of mustard, $\frac{1}{2}$ cup each of vinegar and water, and a dash of pepper. Simmer until the beans absorb the vinegar and the water. Serve hot.

Double the recipe if you wish to serve hot bean salad as the main dish.

IN SANDWICHES

Hearty Sandwiches

Season baked beans with plenty of minced onion, pickle relish, or catsup, and moisten with salad dressing.

Finely chopped peanuts and cooked beans make another good sandwich combination—tasty and rich in food value.

For an open-face sandwich, melt 2 tablespoons of fat in a saucepan, add 2 cups mashed beans, and stir over the fire for 5 minutes. Add about 1 cup of milk, 1 cup of grated cheese, salt and pepper to taste. Cook until the cheese is melted, stirring constantly. Serve on bread or toast, topping each with cress, sliced tomatoes, or onion if desired.

Try some of the salad suggestions on the preceding page—many of them make excellent sandwich fillings.

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Issued by

BUREAU OF HUMAN NUTRITION
AND HOME ECONOMICS

Agricultural Research Administration

U. S. Department of Agriculture

Washington, D. C.

June 1943

This pamphlet supersedes the unnumbered one, Dried Beans and Peas in Low Cost Meals.

For sale by Superintendent of Documents, Washington, D. C.
5 cents per copy; \$1 per 100 copies
